





# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-OCTOBER-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Fruit Punch Chicken Pot Pie w/Peas & Corn Summer Salad Greens w/Sliced Tomatoes & Cucumbers Ranch Dressing Fresh Apple	4	Stuffed Cabbage w/Marinara Sauce Brown Rice Beets Rye Bread Fresh Orange	5	Turkey Vegetable Soup Roast Turkey w/Gravy Cut-Up Sweet Potatoes French Style Green Beans 100% Whole Wheat Bread Fresh Banana	6	Grape Juice Country Fried Steak Baked Potato California Blend Vegetables Oatnut Bread Sliced Peaches	7	Taco Wrap: Ground Beef Shredded Cheese Shredded Lettuce Pinto Beans & Rice Diced Tomatoes Taco Wrap Fresh Orange
10	Closed for Columbus Day Holiday	11	Pineapple-Orange Juice Hot Dog on Hot Dog Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie	12	Italian Sausage & Red/Green Peppers w/Italian Sauce Ziti w/Italian Sauce Italian Mixed Vegetables Italian Bread Sliced Peaches	13	Tuna Salad on Star Roll Tortellini Salad Sliced Tomatoes & Leaf Lettuce Fresh Banana	14	Roast Pork Hawaiian Style Wild Rice Vegetable Medley 100% Whole Wheat Bread Fresh Apple
17	Grape Juice Peach BBQ Chicken Leg Potato Salad Corn Cobbette Homemade Biscuit Fresh Apple	18	Cream of Vegetable Soup Chef Salad w/Mixed Greens Shredded Cheese Turkey Ham Cooked Egg Italian Salad Dressing Wheat Dinner Roll Fresh Orange	19	Baked Ham w/Raisin Sauce Lyonnaise Potatoes Asparagus 12-Grain Bread Pineapple Tidbits & Mandarins	20	Minestrone Soup Grande Cheese Ravioli Tossed Green Salad French Dressing Saltines Fresh Banana	21	Orange Juice Meatloaf w/Gravy Parslied Bowtie Noodles Spinach Rye Bread Chocolate Brownie
24	Cran-Orange Juice Sage Stuffed Chicken Mashed Potatoes Peas & Diced Carrots Oatnut Bread Apple Oatmeal Bar	25	Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Orange	26	Mariner's Clam Chowder Seafarer Salad on Whole Grain Bun Baked Sweet Potato Lettuce Fresh Apples	27	Hamburger w/Broth Sliced Tomatoes & Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Fresh Banana	28	Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Broccoli Cranberry Sauce 100% Whole Wheat Bread Sliced Peaches
31	<b>CRT HALLOWEEN MEAL</b> Apple Juice Macaroni & Cheese Stewed Tomatoes /Zucchini Garden Salad w/Cuc/Tomatoes Italian Dressing Wheat Bread Special Dessert			<b>To reserve a meal Call 763-7428 by noon the day before</b>					

**Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.**

**All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)**